

# TEAM Nutrition



## The Role of the Meals Program in a Healthy Child Care Environment

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# TEAM Nutrition



Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the [Dietary Guidelines for Americans](#) and [MyPyramid](#).

# Team Nutrition Messages

- Eat more fruits, vegetables and grains
- Eat a variety of foods
- Eat foods lower in fat more often
- Be physically active each day
- Get your calcium rich foods



# TEAM Nutrition



[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

**Just the Facts!**  
**Serve Meals that**  
**Meet**  
**the 2005 Dietary**  
**Guidelines for**  
**Americans**



## Fact Sheet

### Meeting the Challenge of Rising Food Costs for Healthier School Meals

#### KEY ISSUES:

- Providing healthy and appealing school meals when food prices are increasing can be a major challenge.
- Savvy school foodservice directors can manage tight food budgets and provide nutritious meals to their students, while working to implement the 2005 Dietary Guidelines for Americans.
- USDA commodities are available to help schools meet their nutrition and financial goals.

**M**any school districts are feeling the squeeze of increasing food costs. It can also be challenging to provide school meals that meet the 2005 Dietary Guidelines for Americans.

What can school food service managers do to meet these challenges? Some strategies include: maximizing use of available commodities, purchasing foods in season, focusing on lower-cost foods, increasing participation in school meals programs, tightening procurement practices, and sharing cost-savings strategies with others.

#### Recipe for Success

The following strategies may be helpful in controlling costs:

- Revamp cycle menus to serve less expensive, popular student choices more often. For example, serve spaghetti instead of lasagna, using whole-grain commodity pasta to reduce food costs.
- Serve low-cost beans or other legumes more often as a meat alternate or vegetable choice. For example, serve a bean and cheese burrito, substitute kidney beans for some of the meat in chili, or offer garbanzo beans on a salad bar.
- Train staff to follow standardized recipes precisely. Every extra scoop costs money! For example, don't add extra ground beef to the spaghetti sauce recipe.
- Serve portion sizes according to the recipe. For example, serve a level 1/2-cup scoop of mashed potatoes, instead of a heaping scoop.
- Plan age-appropriate portion sizes. Serve the food-based optional portion size for grades K-3 to better target their calorie and nutrient needs and reduce waste.
- Join a purchasing co-op to help maximize your purchasing power! Combine bids with neighboring school districts to purchase larger quantities at lower prices.
- Compare produce prices among various vendors. Contact local farmers about products they can supply at a reasonable price. If available, use the Department of Defense Fresh Fruit and Vegetable Program. Buy fresh fruits and vegetables in season to get the best price and peak flavor.
- Use canned or frozen fruits and vegetables more often.



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**What percent of Iowa's  
children <5 years of age are  
overweight?**



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**Which condition is most commonly associated with obesity in children?**

- **Type 1 Diabetes**
- **Type 2 Diabetes**
- **Osteoporosis**
- **Coronary Heart Disease**



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**The 2005 Dietary Guidelines for Americans recommend that children and adolescents engage in \_\_\_\_ minutes of physical activity on all or most days of the week.**

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**According to the American Academy of Pediatrics, how many hours of 'screen time' does the average child accumulate per day?**







## The Role of Child Care?

- ✓ Establish policies and practices to create a healthy nutrition environment
- ✓ Include nutrition education and food activities in the curriculum
- ✓ Provide healthy meals and regular physical activity
- ✓ Educate parents

# Healthy Menu Planning Checklist

Requirements	Met	Not Met
Meal pattern requirements met		
Creditable foods used		
Sweets limited to twice/week at snack		
Recommendations	Met	Not Met
Three different fruits/week		
Five different vegetables/week		
High Vitamin C foods daily		
High Vitamin A foods three or more times/week		
Fresh fruits/vegetables three or more times/week		
Juice limited to once daily		
Iron source twice daily		
Different meats/entrees at lunch daily		
Cooked dried beans or split peas three or more times/week		
Preserved, processed and higher fat meats and entrees limited to once/week		
Whole grains at least half the time		
Dry cereal at least one time/week		
Skim or 1% milk to children over two		
Water is on menu at snack when no other beverage is served		
Seasonal foods used		
Locally grown foods used		

Use this form to evaluate your Home menus monthly to assure healthy meals are served to your children every day!

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*Providing information to persons working in  
the USDA's Child Nutrition Programs.*

<http://healthymeals.nal.usda.gov/>

Child Care  
Providers





United States Department of Agriculture

MyPyramid.gov

Go to [www.MyPyramid.gov](http://www.MyPyramid.gov)

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Your company can partner with MyPyramid to help promote the Dietary Guidelines for Americans. Join today!!

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  - ◊ *Tips & Resources*
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  - ◊ *General Population*
- For Professional Use
- Steps to a Healthier Weight
- Dietary Guidelines

Click Here



**One size doesn't fit all.** MyPyramid offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the [Dietary Guidelines for Americans](#).

## Spotlights



**Inside the Pyramid**  
Food groups, healthy eating tips, and more



**MyPyramid Menu Planner**  
Plan menus to reach your personal goals



**Video Podcasts**  
Small steps can add up to real changes



**MyPyramid For Moms**  
Start out right as a new mom or mom-to-be



**Audio Podcasts**  
Nutrition messages for



**MyPyramid Tracker**  
Get feedback on your diet

## I Want To...

- ◊ See what's available
- ◊ Get a personalized Plan
- ◊ Learn healthy eating tips
- ◊ Get weight loss info
- ◊ Learn about food groups
- ◊ Analyze my diet
- ◊ Plan a healthy menu
- ◊ Watch video podcasts
- ◊ Listen to audio podcasts
- ◊ Get print materials

## Tip of the Day

Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens, baby carrots or celery sticks.

[Click here for more tips](#)

**MyPyramid**  
Click here to play  
**MyPyramid Blast Off**

an interactive computer game for children 6 to 11 years old.





Search MyPyramid.gov

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## MyPyramid for Preschoolers



Use MyPyramid to help your preschooler eat well, be active, and be healthy.

MyPyramid for Preschoolers is for children 2 to 5 years of age. Click on the blue button to get a customized MyPyramid Plan for your preschooler.

Click Here

MyPyramid Plan



*You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life.*

### Explore ways to help your preschooler:

- **Grow up healthy.** Complete a growth chart especially for your child to find out more about normal development.
- **Develop healthy eating habits.** Raise a healthy eater by setting a good example and practicing positive habits.
- **Try new foods.** Help for picky eaters.
- **Play actively every day.** Add physical activity into your preschooler's day.
- **Follow food safety rules.**

### Learn more:

- **Sample Meals Patterns, Meals and Snacks**
- **Find Kitchen Activities** for preschoolers
- **Search for More Information.**





## \$250 Mini-Grants

### **Suggestions for Mini Grants:**

- Creative marketing project to get children to want to eat healthy, appealing foods.
- Introducing new menu items and encouraging children to consume more healthy foods.
- Inject physical activity and nutrition education (such as with story books about foods) into the day.
- Incorporating locally grown foods.



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## Examples of purchases:

- Food costs: taste test or demonstration tied to nutrition education
- Food and Nutrition equipment: only small mobile equipment is allowed and the equipment cannot exceed 10% of the total mini-grant.
- Staff training time ([nfsmi.com](http://nfsmi.com) – webinars)
- Promotional/incentive items: that promote Team Nutrition messages
- Nutrition education materials and supplies
- Gardening: reasonable amount of supplies (starter pots, potting soil, and seeds)

# Are You Ready to Make a Difference?

